



TALESPINNER

JOINT BASE SAN ANTONIO-LACKLAND, TEXAS • Vol. 70 No. 46 • November 29, 2013



Past commandants reminisce

Photo by Dan J. Solis

(From left) Gen. Robin Rand, Air Education and Training Command commander; Chief Master Sgt. Ruben Gonzalez, Robert D. Gaylor NCO Academy commandant; and Chief Master Sgt. Gerardo Tapia, AETC command chief master sergeant, look over items opened from a time capsule during the academy's 40th anniversary banquet Nov. 9 at the Joint Base San Antonio-Lackland Gateway Club.

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Embrace the Diamond in the Rough

By Col. Christine Erlewine

902nd Mission Support Group Commander JBSA-Randolph

Throughout our lives and our military careers we are fortunate, and in some ways forced, to interact with many people. However, the pace of operations and our daily responsibilities don't always allow us the time to really get to know many of those people, and we often lose out at the chance to find a "diamond in the rough."

I found my diamond in the rough quite by chance. I was a new squadron commander and had just been briefed on our physical training stats. I was very disappointed in the number of failures and believed there really was no valid reason for the failures. This was a fairly small squadron that had periods of heavy workload but not a consistently heavy workload, allowing ample time most weeks for our personnel to complete PT during normal duty hours. Also bothersome was the fact that young Airmen were the majority of the PT failures at that time. Quite unexpectedly, my solution to improving PT test scores came from an unlikely source.

I was at an off-base event interacting with mostly people I knew. I did, however, strike a conversation with an older woman at the event named Ellie Buford. I spent a considerable amount of time talking to Ellie and found her story intriguing. Ellie was a spouse whose military sponsor retired shortly after they were married. She never lived on a military base or experienced things that military spouses do. Unfortunately, her husband died at a young age and Ellie did something that women in the 1970s didn't do. She joined the business world. As a businesswoman, Ellie traveled the world, places like

India, China, Tibet, Siikim, Bhutan, Nepal and extensively travelled Africa where she climbed Kilimanjaro and tracked mountain gorillas in Rwanda.

Ellie is a remarkable woman who has done some amazing things. The one I will highlight is that she convinced her company, Digital Equipment Co., to let her train and climb Mount Everest in Tibet in 1985. These were the beginning years of China first allowing visitors into Tibet, which had been closed to the outside world for more than 50 years. She trained with Tenzig Norgay, the same guide that led Sir Edmund Hilary on his climb. Though weather prevented them from reaching the summit, she climbed that mountain! In her mid-60s, Ellie kept her fitness by running three miles a day... amazing!

So, as Ellie continued to tell me about her adventures and accomplishments, a light bulb went off in my head. If this "granny" figure could run 3 miles a day, then why can't my young Airmen pass a PT test? I asked Ellie if she would come to the squadron, meet some of the leaders and then complete a PT session with us. She jumped at the chance, and I found my diamond.

Ellie's stories had the senior leaders of the squadron in stitches with her dynamic personality. Then she ran with us... talking the whole time! I decided this diamond in the rough was worth sharing with the entire squadron. Ellie came to my next commander's call. I took a chance that this granny figure would be accepted by the Airmen and was she ever. You could hear a pin drop during her stories... then she ran with us. I challenged the Airmen that if this Granny could run three miles a day then what was their excuse for not maintaining their fitness. She was a complete hit and, not so miraculously, our PT test pass rate went to 100% in

just a few months.

Ellie became "Granny Ellie" to my squadron. She, along with my honorary squadron commander, attended unit gatherings, set up terrain walks at World War I battlefields and more. She helped me find the best local restaurants and venues for distinguished visitor visits and I introduced her to my command's senior leaders. Eventually, the Air Mobility Command commander (now retired General Raymond Johns Jr.) made Ellie his civilian advisor in Europe. My diamond in the rough became a treasure for AMC as well. Through her dynamic personality and ties to the civilian community, both in Europe and in her Boston-area state-side home, she is able to tell the Air Force story.

You can say it was destiny really. Shortly after I met Ellie, my husband and I were invited to dinner with some of the folks he worked with in the Department of Defense Dependent school system. Low and behold we went to their house for dinner and who was there? Ellie was a close friend of theirs too.

I met Ellie more than eight years ago. She is still the squadron's "Granny." She's now in her mid-70s and still running, climbing and lifting weights. She's still interacting with AMC leadership and most of all still affecting Airmen's lives. I know this for a fact because one of my young logistics readiness squadron lieutenants came in from Europe and when I met her she said, "You know Granny Ellie?" She had come from my old squadron and couldn't stop talking about the diamond in the rough.

You never know when you will find that diamond in the rough that will make a difference in so many people's lives. I am thankful for my diamond: Ellie Buford, a great American.

LAIDLING
TALESPINNER

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Lackland
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News in Brief

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

DEC. 6

JBSA HEARTS APART HOLIDAY PALOOZA

The first Joint Base San Antonio Hearts Apart Holiday Palooza will begin at 7 p.m. at the Military and Family Readiness Center at JBSA-Fort Sam Houston.

The child-friendly celebration is open to all families that are geographically separated from their service member in all service branches. The event includes music, dinner, gifts, give-a-ways and a visit from Santa Claus.

The reservation deadline is Thursday. To sign up, call 221-9079, 671-3722 or 652-5321 and provide the number and gender of any children attending.

DEC. 7

JBSA CHILDREN'S HOLIDAY PARTY

Hope Worldwide and Service King will sponsor a children's holiday party from noon to 4 p.m. at Kelly Hangar 1610, 303 S. Frank Luke Drive on Port San Antonio.

All Department of Defense ID card holders and their immediate families are invited to attend. Children 12 years of age and younger can meet Santa Claus and receive a gift. Other activities include face painting, games and crafts along with music, food, and a caricature artist. RSVPs are not necessary this year; the first 500 children will receive a gift.

For information, contact Master Sgt. Jason Resler at 671-1970 or Tech. Sgt. Latasha America at 671-6511.

DEC. 16

JBSA-LACKLAND HOLIDAY COOKIE CAPER

The Joint Base San Antonio-Lackland holiday cookie caper is Dec. 16 at Freedom Chapel.

The cookie caper provides cookies for Airmen who will remain in JBSA-Lackland dormitories for the Christmas holidays.

Cookie donations can be dropped off Dec. 16 from 6-9 a.m. in the chapel parking lot, and volunteers are also needed to receive and package cookies from 7-11:30 a.m.

For more details, email cookiecaper@lacklandosc.org or call 352-5528.

INFORMATIONAL

FEDERAL BENEFITS OPEN SEASON

Federal benefits open season for Air Force and Department of Defense civilian employees continues through Dec. 9.

Maintainers corral FOD at rodeo



Photo by Tech. Sgt. Carlos J. Trevino

The 433rd Airlift Wing held a wing-wide foreign object debris walk during a maintenance stand down Nov. 17. The Airmen competed in a search for foreign object damage on the flight line to include two commander's coins.

By Tech. Sgt. Carlos J. Trevino
433rd Airlift Wing Public Affairs

"This is a competition; don't miss anything," Col. Jeffrey T. Pennington, 433rd Airlift Wing commander, told maintainers in a huddle-like briefing before starting the Foreign Object Damage and Dropped Object Prevention Rodeo Nov. 16.

Maintainers from the 433rd Airlift Wing Maintenance Squadrons were selected to participate on 15 five-man teams to search for and annotate discrepancies on three C-5A Galaxy aircraft. Teams that placed first, second and third were recognized at an awards ceremony Nov. 17.

The rodeo was part of a three-day stand down to prepare for a follow-up in-

spection in February 2014.

"The goal is to instill pride. This rodeo brings to their attention all of the different things that need to be looked at every day," said Col. Charles Combs, 433rd Maintenance Group commander.

"This is practical, and it reinforces the points more than sitting in a classroom," he said.

Since teams were composed of Airmen from different units, communication was very important. "We communicated very well. I picked up a few tips from their systems," said Tech. Sgt. Arthur Flores, 433rd AMXS. This was fun and needs to be done quarterly to get everyone involved. It was a team effort. It brings everybody together."

Like at any western rodeo, there was a barbecue. Squadron leadership cooked burgers and hot dogs over a mesquite fire in the fuel cell after the Rodeo.

The participants had the chance to eat at picnic tables with their new friends and coworkers, a rare treat on a unit training assembly weekend.

"This is great for morale. It gives us a chance to talk outside of a maintenance atmosphere," said Chief Master Sgt. Joseph Campbell from the 433rd AMXS.

"This is a healthy competition. You have 15 teams of Airmen, and everybody wants to be the best," he said.

On Sunday, the last day of the stand down, there was a wing-wide FOD walk with

more than 300 participants.

While it may seem like a meaningless stroll on a humid morning on the flight line, FOD walks are an important part of the mission to provide combat ready forces.

"FOD management is everyone's responsibility," Combs said. "The smallest piece of FOD can cause damage to equipment, cause personal injury, or worse, cause an aircraft to crash."

A five-cent washer can lodge itself into the throttle linkage and bring a jet down. That's why we conduct weekly FOD walks," the colonel said.

"Some people say it's a huge waste of time and money to do these sweeps, but if

Deployment support group adds new programs

By Mike Joseph
JB-SA-Lackland Public Affairs

The Joint Base San Antonio-Lackland Hearts Apart support group recently added two new programs to support families of deployed service members.

Hearts Apart is an Air Force-wide support group, run through the JB-SA-Lackland Military and Family Readiness Center. Hearts Apart reaches out to families who are geographically separated from their military member by deployment, remote unaccompanied tours or temporary duty assignments.

New to the support programs at JB-SA-Lackland are Operation Sweet Dreams and JB-SA new born baby kits, said Master Sgt. Jose Ontiveros, MFRC Readiness NCO.

“For Operation Sweet Dreams, we use a heat press to transfer pictures of a deployed parent onto a pillow-

case,” Ontiveros said. “When children lay down on their pillow at night, they can look at mom or dad.”

Even though the MFRC is not funded to purchase the pillowcases for Operation Sweet Dreams, “parents are happy to have the service available. It will be an ongoing program,” said Ontiveros.

Volunteers from the Lackland Enlisted Spouses Club do the heat press transfers for the pillowcases once a week.

Club volunteers also help put together JB-SA new-born baby kits. The kit materials were provided by Operation Homefront, a non-profit organization whose mission is to assist technical sergeants and below, and other local organizations.

“The JB-SA, or ‘Jelly Bean Start Amenities,’ kit has what you need to take care of a new born baby,” Ontiveros said. “The number of JB-SA kits will be limited, but we have enough



Photo by Benjamin Faske

Master Sgt. Jose Ontiveros, Military and Family Readiness Center NCO, and Amy Davis, chairman of fundraising and volunteering for the Lackland Enlisted Spouses Club, put together Jelly Bean Starter Amenity Kits for spouses of deployed family members Nov. 21 as part of the MFRC's Hearts Apart program at JB-SA-Lackland.

materials to build at least 120 kits.”

The kits include diapers, lotions, soap, powder and a onesie with a Hearts Apart logo. Ontiveros said any JB-SA service member enrolled in Hearts Apart can register for the

new born kit.

For additional information on Hearts Apart or any family readiness program, contact the Military and Family Readiness Center, building 1249, at 671-3722.

6 x 4.75

First sergeants distribute Thanksgiving food bags

By Mike Joseph
JBSA-Lackland Public Affairs

Joint Base San Antonio-Lackland first sergeants gave more than 375 Airmen some extra help with their Thanksgiving Day meal.

Sponsored by the JBSA-Lackland First Sergeants Council, Operation Warm Heart distributed 382 Thanksgiving meal food bags to JBSA-Lackland Airmen prior to the holiday. The bags included non-perishable items and a \$25 commissary gift card to purchase their choice of meat for their Thanksgiving meal.

Operation Warm Heart is a non-profit private organization managed by a team of first sergeants elected by the JBSA-Lackland First Sergeants Council. In addition to the annual Thanksgiving food bags, Operation Warm Heart also helps Airmen in need of financial support throughout the year.

“This is the essence of what first sergeants do – we take care of our people,” said Master Sgt. Nicole Basnight, 318th Cyberspace Operations Group first sergeant and Opera-



Photo by Master Sgt. Nicole Basnight
Joint Base San Antonio-Lackland first sergeants, through Operation Warm Heart, picked up and distributed 382 Thanksgiving meal food bags to JBSA-Lackland Airmen for some extra help before the holiday.

tion Warm Heart vice president.

“Life happens,” Basnight said. “Just because you wear the uniform, issues don’t bounce off. Operation Warm Heart is just another avenue we can use to take care of our Airmen.”

Senior Master Sgt. Joe San Nicolas, 59th Medical Wing first sergeant and Operation Warm Heart president, said this year’s distribution surpassed the 2012 total when 343 bags were given out.

$$3 \times 4.75$$

$$3 \times 9.75$$

Changes to special duty selection process

By Staff Sgt. Candace Page
Headquarters Air Combat Command Public Affairs

Additional changes to the Air Force special duty program will require Airmen to be nominated and vetted through an approval process that began Oct. 1.

The changes to the program allow leadership and commanders to nominate their top performing Airmen for positions such as military training instructors, airman and family readiness noncommissioned officers, enlisted accessions recruiter, professional military instructors and honor guard noncommissioned officer positions, which were filled previously on a volunteer basis.

Air Staff provides the major commands nomination quotas twice a year, in March and September, based on their population of staff sergeants, technical sergeants and master sergeants. ACC has received their quotas, which requests nominations for 98 staff

sergeants, 106 technical sergeants and 115 master sergeants

There are 10 special and T-prefix duties selected for the program have been identified as enlisted developmental positions for mentoring Airmen.

Airmen who have demonstrated a record of exceptional performance in their primary duties are being sought to fill the developmental special duty positions. Airmen selected for the positions may also have the opportunity to enrich their careers, gaining leadership skills and broadening their experiences.

If an Airman is eligible but not nominated, it may also have adverse effects on their career in the Air Force.

"I think if we encourage Airmen through a nominative process and allow leadership to encourage them by saying you're ready and we believe that you are the quality person to go do this job then we will have a highly motivated and diverse group of devel-

opmental special duty personnel affecting our Airmen," said Chief Master Sgt. Rick Parsons, command chief, Air Combat Command.

Although the assignment selection process will change to a nominative process, Airmen motivated to volunteer for a developmental special duty may still have the opportunity to do so.

"Airmen need to make contact with their leadership, voice their desire to be nominated on one of the lists and if their leadership agrees that they are the right person or right caliber to go and do the job they will be nominated," Parsons said. "When we need to fill vacancies we will certainly go to the list and pick volunteers first."

"Not everyone will be nominated for these positions. The Air Force is looking for the best qualified Airmen that have qualities of a leader and will be able to prosper in these positions," said Chief Michael J. Helfer, chief enlisted manager for the manpower, personnel

and services directorate.

Commanders will be allotted 30 days to nominate individuals based on rank and developmental special duty quotas.

Airmen nominated for developmental special duty positions still have to meet eligibility requirements listed in Personnel Services Delivery Memorandum 13-62, as well as specific criteria for the special duty listed in the Special Duty Catalog.

April 2014 is the month when most of the selected Airmen can expect to report to their new special duty assignments.

Once selected, the nominees will have 45 days to accept or deny the special duty assignment. Denial of an assignment will result in the same consequences as turning down a PCS assignment. This means the member will not be eligible for PCS, promotion or reenlistment.

For more information about developmental special duties refer to PSDM 13-62 and the revised SPECAT.

Air Force Staff Sgt. Steve Stanley contributed to this story.

AROUND JBSA

Combat Airmen Skills Training prepares Airmen for deployment



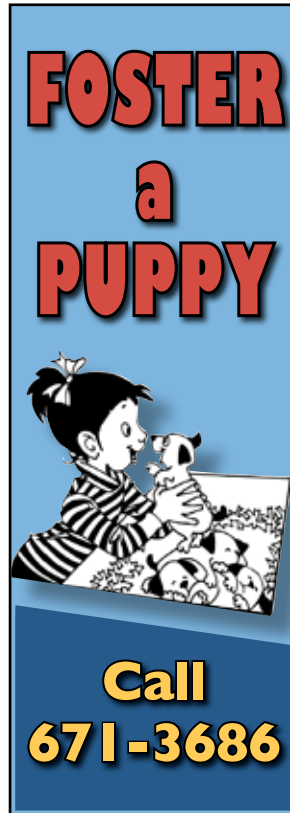
Photo by Airman 1st Class David R. Cooper

Senior Master Sgt. Joey Williams and Master Sgt. Joseph Smith, Combat Airmen Skills Training students, perform a body sweep to a simulated casualty during Tactical Combat Casualty Care at Joint Base San Antonio-Camp Bullis Nov. 15. The ten-day course was designed by Air Education and Training Command to standardize pre-deployment combat training for Air Force personnel.

BMT HONORS



Due to the Thanksgiving holiday, the honor graduates and top flights for Friday's Basic Military Training graduates will be published in the Dec. 6 issue of the Talespinner. All issues can be found online at <http://www.jbsa.af.mil>.

 3×5.25

FOD from Page 3

it will save a million dollar engine, then it's worth it," Combs said.

After the walk, Pennington spoke with the maintainers about the future of the wing. At the conclusion of his remarks, Col. Aaron Vangelisti, the wing's vice commander and FOD program manager was on hand to present the awards for the FOD

and DOP Rodeo. "FOD and DOP are important. It's important that every single one of you pay attention to every single detail and piece of work you do on that aircraft," he said. "I need you to give your very best every time you go out there," Pennington said encouragingly at the end of the rodeo. "I'm proud of you and I am proud of your leadership."

Staff Sgt. Brian Nelson, 433rd Maintenance Squadron, shows off one the commander's coin he found on the flight-line during a wing-wide Foreign Object Damage Nov.17. FOD can range from wires, screws and rocks. All can damage a plane's engine, which in turn can delay a mission and cost the government money to repair the aircraft.

Photo by Tech. Sgt. Carlos J. Trevino



Being nutrition efficient: best 100 calorie foods

By Senior Airman Catherine S. Scholar
59th Medical Wing

Ever look at the nutrition label of a candy bar, pastry or your favorite chips and think "Geez, that's a lot of calories for a small piece?"

These quick "to-go" candy snack items could range from 200 to 600 calories depending on the name brand. These calories are best described as empty calories or calories with little to no nutritional value. They are absent of vital vitamins and minerals that support your muscles, circulatory system and brain.

Many times you find these items located in the middle aisles of a grocery store, or tempting you at the registers as you wait in line to purchase what you really came to the store to buy.

Making smart nutrition choices is a necessary part of everyone's daily life. The Academy of Nutrition and Dietetics suggests one or two snacks that are less than 200 calories per day for the average adult. Look to the perimeter aisles of the grocery store to find fruits, vegetables, and nuts that make excellent healthy snacks that are low on calories. Listed below

are several 100-calorie items that may surprise you:

- One half cantaloupe
- Two one-ounce low-fat cheddar cheese cubes
- One cup of strawberries and three tablespoons of fat-free whipped cream
- 1 1/4 ounce of turkey jerky
- One cup of baby carrots with two tablespoons of hummus
- About one-half cup of frozen yogurt
- 34 pieces of whole grain penne (dry)
- Two egg whites with one slice of whole wheat toast
- Three cups of air-popped popcorn
- Eight shrimp and four tablespoons of cocktail sauce
- Sliced tomato with a sprinkle of feta cheese and olive oil
- One half cup of shelled edamame

If you are looking for further nutrition information, nutrition program and classes are offered at the Wilford Hall Ambulatory and Surgical Center, Outpatient Nutrition Clinic or to speak with a registered dietitian/technician for further questions, you can contact us at 292-7578.

Reference: Top 28 Best Healthy Snacks by Lisa Drayer, R.D.

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COMBINED FEDERAL CAMPAIGN

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902nd MSG:

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Master Sgt. Ennis Fowler

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Alternate:

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The 2013 Combined Federal Campaign runs through Jan. 15, 2014.



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40th anniversary

Milestone event reconnects former NCO Academy commandants

By Mike Joseph

JBSA-Lackland Public Affairs

When several former Robert D. Gaylor NCO Academy commandants talked about the academy and its history, it was like continuing a reunion that started during the school's 40th anniversary festivities Nov. 8-9 at Joint Base San Antonio-Lackland.

Retired chief master sergeants and former commandants – G.W. Bandy, Bobby G. Renfroe and William K. Workman – live in the San Antonio area. Though they don't see each other very often, their role at the academy reconnects them when they do.

The recent two-day anniversary celebration was a chance to reconnect.

"We mixed and mingled and talked about professional military education, the old days and the new days," said Renfroe. "It was a great time. We got to see some people we haven't seen in a while. I haven't seen George (Bandy) since I don't know when, probably 20 years.

"Bill (Workman) and I talk a lot, but I haven't seen him in two or three years."

Workman, a graduate of the academy's second class in 1974, enjoyed the weekend's camaraderie and was impressed by the banquet speaker, Gen. Robin Rand, commander, Air Education and Training Command.

"The best part of the banquet was General Rand's speech," said Workman, commandant from 1990-92. "He was bubbling over about the academy, the Air Force and the people. It was a fabulous speech."

Philip Topper, commandant from 2003-06 who now lives in El Paso after retiring in 2011, appreciated the new AETC commander attending the banquet.

"I went up to General Rand afterwards and thanked him for coming," Topper said. "To me, when a four-star (general) is willing to take the time and come to an event like that, (it means he takes the academy) very seriously and that it's important."

Coming together to celebrate the academy's milestone event also brought



Photo by Airman 1st Class Krystal Jeffers

William K. Workman (left) and G.W. Bandy (right) listen to Bobby G. Renfroe make a point about the history of the Robert D. Gaylor NCO Academy. The three retired chief master sergeants are former commandants at the academy.

an opportunity for reflection.

"These guys (Renfroe and Workman) are the backbone of the academy and for enlisted PME in the Air Force," said Bandy, commandant from 1983-85.

"When I got here, they had already laid all the ground work," he said. "(All I had to do) was keep the ball rolling. You could see the work that had been put into it. I had a real easy job, one of my best assignments."

Renfroe, who later in his career became the first enlisted commandant of the Air Force Senior NCO Academy, was an instructor when the school opened Nov. 14, 1973, as the Air Training Command NCO Academy.

"It was a struggle back then," said Renfroe, who returned as director of education in 1980 before becoming commandant from 1981-83. "We wrote the curriculum and all the tests. We did everything."

Today's curriculum is now developed by the Thomas N. Barnes Center for Enlisted Education at Air University, Maxwell Air Force Base, Ala.

"In the case of many of our students (in the beginning), they were here not because they wanted to be, but be-

cause someone saw potential in them that they could get better with what we had to offer," Workman said.

"The rewarding part for me as an instructor was to see them come in the first few days so negative, but by the end, they were ready to go back and make changes," he said.

The first classes were held in Weaver Hall, a space shared with Air Police, now known as Air Force Security Forces. As class sizes began to grow, the academy moved to the JBSA-Lackland Training Annex. After calling four different annex facilities home in the 1970s, the academy moved into its present location, building 10634, on the training side of main Lackland in May 1980.

Known as the ATC NCO Academy and then the Lackland NCO Academy, it was renamed the Robert D. Gaylor NCO Academy in March 2006 to honor Gaylor, the fifth Chief Master Sergeant of the Air Force.

"That's also (the time) when the ground work was laid for improvements to the academy," Topper said. "I don't bring that up as accolades for myself, but to show how long it takes

to get things done."

A construction makeover of the facility didn't begin until 2008 and it was another two years before the \$6 million renovation project was completed.

From an original complement of 75 students and 17 staff members in 1973, approximately 224 students now attend classes every seven weeks. The academy staff, which includes 20

See **MILESTONE** Page 16

By the numbers

7 weeks in school

14 students per flight

17 original staff size

75 students in first class

224 average class size

1,500 students a year

Academy timeline

Nov. 14, 1973 Opens as the Air Training Command NCO Academy in Weaver Hall at Lackland. Lt. Col. Billy J. Rhoten is the first commandant.

August 1975 Moves to Lackland Training Annex.

May 1980 Relocates to main Lackland, building 10634.

June 1980 Chief Master Sgt. Richard C. Sackett becomes the first enlisted commandant.

March 30, 2006 Renamed the Robert D. Gaylor NCO Academy in honor of the fifth Chief Master Sergeant of the Air Force.

Jan. 15, 2010 Officially reopens after a two-year, \$6 million renovation project.

Nov. 8-9, 2013 40th anniversary celebration.



Joint Base San Antonio FORCE SUPPORT SQUADRON

Monthly Events

December

Arts & Crafts

Save with value-priced crafting supplies

The JBSA-Lackland Arts and Crafts Center features value crafting supplies for \$1. Choose from an assortment of holiday punches, ink pads, note cards, stickers, cling and wood stamps, glitter, and more! For more information, call 671-2515.

Bowling

The Grinch bowls at Skylark

JBSA-Lackland Skylark Bowling Center holds the annual Bowl with the Grinch event Dec. 7, 10 a.m. to 2 p.m. The special package price of \$7.95 per child includes one game, a snack and goody bag. For more information, call 671-1234.

Enjoy a special holiday lunch at Susie's Kitchen

A ham dinner with all the trimmings is served for lunch Dec. 11 at JBSA-Lackland Bowling Center's Susie's Kitchen. Enjoy ham, sweet potatoes, macaroni and cheese, corn and pumpkin pie for \$8.95. To place an order, call 671-1224.

Skylark offers free winter break passes

JBSA-Lackland Skylark Bowling Center offers free game passes for one free game per day valid Dec. 23-Jan. 3. Customers can pick up passes at the front counter beginning Dec. 10. Shoe rental is not included. For more information, call 671-1234.

Patrons enjoy bowling with Santa and the Grinch

Visit the JBSA-Randolph Bowling Center Dec. 21, 10 a.m. to 1 p.m., and enjoy bowling with Santa and the Grinch. The cost for this event is \$10 per child and includes two games of bowling/rental shoes, refreshments, goodie bags and photos with Santa and the Grinch. For more information, call 652-6271.

Bowling center open during holidays

Bowl Dec. 24, 2-10 p.m. and Dec. 25, noon to 8 p.m., at the JBSA-Lackland Skylark Bowling Center. For more information, call 671-1234.

Bowling specials for Christmas break

The JBSA-Randolph Bowling Center invites patrons to get out of the house during the Christmas break Dec. 24-28, 10 a.m. to 4 p.m., (excluding Christmas day) and bowl for 2.50 per game, per person with \$2.35 shoe rental. For more information, call 652-6271.

Bowling livens up the holidays

The JBSA-Randolph Bowling Center offers patrons two options for discounted bowling Dec. 24, noon to 7 p.m. The first special is \$1.50 per game, per person with \$2.35 shoe rental. The second option allows patrons to rent a lane for \$40, which includes bowling for two hours, a 16-ounce soda each and a large pizza (does not include rental shoes). For more information, call 652-6271.

Bowl off the holiday calories

The JBSA-Randolph Bowling Center opens for recreational bowling Dec. 26, 1-5 p.m., with special priced bowling of \$2.50 per game, per person and \$2.35 rental shoes. The bowling center will close at 5 p.m. for the Military Bowling Championship Tune-Up Tournament. For more information, call 652-6271.

Tune up your bowling game

The JBSA-Randolph Bowling Center hosts a Military Bowling Championship Tune-Up Tournament, Dec. 26, 7 p.m. The tournament is a four-game singles format with handicap and scratch divisions. Cost is \$25 per bowler and prizes will be given for first, second and third place winners. For more information, call 652-6271.

Bowling centers offer New Years celebrations

The JBSA-Lackland Skylark Bowling Center hosts a New Year's Eve bowling party Dec. 31, 9 p.m. The package price is \$20.14 per person which includes cosmic bowling, pizza, party favors and disc jockey entertainment. For more information, call 671-1234.

Celebrate the end of 2013 at the JBSA-Randolph Bowling Center, Dec. 31, 8 p.m., with three games of Colorama Bowling and cash prizes. The cost is \$30 per person and includes a complimentary glass of Champagne and breakfast afterwards. This is an adults only party. Reservations are accepted starting Dec. 1. For more information, call 652-6271.

Pro shop offers holiday gift sale

The JBSA-Randolph Bowling Center Pro Shop is offering 10 to 25 percent off selected balls, bags and shoes until Dec. 23. For more information, call 652-6271.

Clubs

Live entertainment featured at Gateway Club

JBSA-Lackland Gateway Club hosts an evening of live entertainment featuring the Fourth Quarter Band Dec. 6, 6-9 p.m., in the Lonestar Lounge. Enjoy a great bar menu, beverage specials and music. For more information, call 645-7034.

Feast on holiday lunch at Gateway Club

The JBSA-Lackland Gateway Club features a holiday lunch buffet Dec. 12, 11 a.m. to 3 p.m. Feast on entrees such as turkey with wild rice sausage stuffing, glazed ham and roast beef au jus. Price per person is \$9.95. For more information, call 645-7034.

Patrons enjoy brunch with Santa

The JBSA-Randolph Parr Club offers brunch with Santa Dec. 15, 10 a.m. to 1 p.m. Santa will be available for photos, listening to Christmas wishes and will give out candy canes to the children. For more information, call 652-4864.

Holiday meals available for take-out

The JBSA-Lackland Gateway Club offers holiday meals for take-out until Dec. 21. Patrons may choose a 9-11 pound turkey or 12-14 pound ham as the main entrée. Also available is a meal package with the turkey or ham, stuffing, whipped potatoes with gravy, sweet potatoes, corn, green beans, cranberry sauce, and a choice of pecan or apple pie. Orders must be placed at least two days in advance. The last day to order is Dec. 18 and last day to pick up is Dec. 21. Pick up time is Monday-Friday, 2-6 p.m. Cost is based on member and nonmember pricing. For more information, call 645-7034.

Celebrate New Year's at the Gateway Club

Ring in the New Year at the JBSA-Lackland Gateway Club Dec. 31. Doors open 6:30 p.m. with access to festivities in the Fiesta Ballroom and Lonestar Lounge. Members pay \$60 and nonmembers pay \$70 for an evening which includes hors d'oeuvres, dinner, party favors, Champagne at midnight, breakfast and a pay-as-you-go bar. Patrons must be at least 18 years old to attend. For more information, call 645-7034.

Community Programs

Harlequin Dinner Theatre presents "Step into Christmas"

"Step into Christmas" runs through Dec. 21 at the JBSA-Fort Sam Houston Harlequin Theater and features over 50 holiday favorite songs. Make your reservations now; this show is selling out fast! "Step into Christmas" is sponsored by Silver Eagle Distributors and T-Mobile. For reservations or more information, call 222-9694.

Fitness and Sports

10-mile holiday ride offered for bikers

The JBSA-Randolph Fitness Center hosts a 10-mile holiday bike ride Dec. 7, 8 a.m., at Eberle Park. This event is sponsored by Randolph Family Housing. For more information, call 652-7263.

JBSA FSS

Runners go indoors

The JBSA-Randolph Fitness Center hosts an indoor marathon, where participants complete 26.2 miles running or walking within one week, Dec. 9-13. Participants may pick up their mileage logs at the front desk. For more information, call 652-7263.

Patrons play in reindeer games

JBSA-Lackland Fitness Center hosts Reindeer Games Dec. 11 beginning at noon. The event consists of an outdoor obstacle course challenging participants in strength and cardio exercises. For more information, call 925-4848.

Gillum hosts wallyball tournament

JBSA-Lackland Gillum Fitness Center invites patrons to compete in their wallyball tournament Dec. 13, 7 a.m., using rally scoring. Teams of four must include at least one female player. For more information, call 977-2353.

Start the new year with a run

The New Year's Day run consist of a four-mile race starting at 10 a.m. and a 1.5 mile walk or run starting at 10:10 a.m. The start/finish line is at the new Pershing Sports Complex by the RV Park on JBSA-Fort Sam Houston. This is a free event open to all DOD ID cardholders. For more information, call 221-3593 or 4887.

Belly dance your calories away

Patrons are invited to learn the art of belly dancing in the free class at the Jimmy Brought Fitness Center on JBSA-Fort Sam Houston from 6:30-7:30 p.m. This class is open to all DOD ID cardholders. For more information, call 221-1234.

Physical fitness fanatics enjoy three new classes

JBSA-Fort Sam Houston Fitness Center on the Medical Education Training Campus offers three new classes which include body sculpting, boot camp and core fitness. Body sculpting is every Monday at 5 p.m. and Tuesday at 6:30 a.m. Boot camp is every Wednesday at 6:15 p.m. and core fitness is every Thursday at 6:15 p.m. For more information, call 808-5709.

Parents and toddlers enjoy exercise

JBSA-Fort Sam Houston Fitness Center on the Medical Education Training Campus offers parents with strollers use of the indoor track, Monday-Friday, 9-11 a.m. For more information, call 808-5709.

Golf

Golfers invited to scramble

Golfers are invited to play in the Warrior Four-Person Scramble Dec. 6, with a 12:30 p.m. shotgun start time, at the JBSA-Fort Sam Houston Golf Course. The cost is \$25 for members and \$35 for nonmembers. The scramble includes 18 holes of golf, dinner, gift certificates for the winners of the longest drive, the closest to the pin and for first, second and third place. For more information, call 222-9386.

Junior golf classes offered over the holiday

The JBSA-Randolph Oaks Golf Course offers two five-session junior golf classes Dec. 26-28 and 30-31. The class for the 8-11 age group is 11 a.m. to 12:30 p.m. and the class for the 12-15 age group is 1-2:30 p.m. The fees are \$40 per player and include a rule book, balls and instruction by Charles Bishop. Classes are limited to 10 players. For more information, call 244-3415.

Golf course offers winter fee specials

The JBSA-Lackland Gateway Hills Golf Course offers green fee, cart fee, a hot dog and a 16-ounce draft beer or 20-ounce fountain drink for \$25 on Monday and Wednesday, 6:30 a.m. to 3 p.m. through Dec. 31. Tuesday and Thursday twilight rates begin at 11:30 a.m. For more information, call 671-3466.

PARR CLUB

THE GATEWAY TO GOLD

NEW YEAR'S EVE CELEBRATION

INTERNATIONAL BALLROOM SKY LOUNGE

Doors to the International Ballroom open at 7 p.m. The main dinner buffet will be offered from 7:30-9 p.m. followed by a dessert bar from 9:30-11 p.m. and a glass of Champagne at midnight to ring in the New Year! This fantastic celebration is \$85 per person for club members or \$95 per person for nonmembers or guests and includes an open bar and an all-you-can-eat breakfast served at midnight.

Doors open in the Sky Lounge at 7 p.m. A buffet of hors d'oeuvres will be served from 7:30-9 p.m. along with coffee and dessert bar offered at 9:30 p.m. Entertainment will be provided from 9 p.m. to 1 a.m. The price for this package is \$60 for club members or \$70 for nonmembers and includes a complimentary glass of Champagne at midnight, party favors and a breakfast buffet. You will definitely have the best time of your life!

GENERAL INFORMATION

The recommended dress for these events is cocktail attire. Lodging reservations may be made at the same time you make your party reservations. The cost for lodging is \$53.25 and transportation to and from lodging will be provided by club personnel. Coupons, club bucks or gift certificates are not accepted as payment for this event. Randolph club members may make reservations starting Dec. 3 from 10 a.m. to noon in the Daedalian room to choose their table and make payment. All others may make reservations starting Dec. 10. Prepayments are required and refunds will not be issued after 4 p.m. on Dec. 29. Open to all DOD ID card holders. For more details call 652-4864.

Check us out on www.gatewaygold.com

FORCE

Shop the golf pro shop for great deals

Golfers should take advantage of pro shop specials at the JBSA-Lackland Gateway Hills Golf Course Dec. 14-15 and receive 10 percent off their entire merchandise purchase. Customers get a chance to win free merchandise or up to 50 percent savings on their entire purchase for purchases of \$50-\$149. Customers also get a chance to win a 2014 annual green fees membership for a single item purchase over \$150. For more information, call 671-3466.

Pro Shop offers great holiday deals

The JBSA-Randolph Oaks Pro Shop offers fantastic gifts

for that special person. Gift certificates are also available and make great gifts for that hard-to-shop-for person. During December customers receive a ticket with the purchase of \$10 in merchandise for a chance to win a set of irons, driver, putter or bag. For more information, call 652-4570.

Golfers improve swing

The JBSA-Randolph Oaks Golf Course offers golfers the opportunity to improve their game and lower their scores. Golfers can make appointments with Brian Cannon or Charles Bishop for golf lessons. For more information, call 652-4653.

Tee Time Deck in full swing

The JBSA-Randolph Oaks Golf Course offers special event packages for retirements, promotions, weddings and sports outings. For more information, call Corita at 652-4852.

Information, Tickets and Travel

Travel with Information, Tickets and Travel to the Hill Country

JBSA-Lackland Information, Tickets and Travel holds a Hill Country Holiday Lighting Tour Dec. 14, 11 a.m. to 11 p.m. Patrons will spend time in Fredericksburg for shopping and dining, in Burnet for the Walk Though Bethlehem, in Johnson City for the light show and Marble Falls for the famous Walk of Lights. The price is \$37 per person. Advance reservations are required. For more information, call 671-3133.

Celebrate the holidays cowboy style

JBSA-Lackland Information, Tickets and Travel invites patrons to celebrate the holidays in an old west theme park Dec. 21-22 at Enchanted Springs Ranch in Boerne. Enjoy a live nativity scene, a puppet show, races, caroling, pistol show, tractor rides through a wild animal park, crafts and a visit with Cowboy Santa! Food and beverages are available for purchase, plus a variety of vendors will be on-site selling their wares. The price for adults is \$11, children ages 3-12 is \$4.50 and children ages 3 and younger are free. For more information, call 671-3133.

Bask in a European Dream Tour during spring vacation

The JBSA-Lackland Information, Tickets and Travel offers an 11-day Spring Break European Dream Group Tour March 9-19. Travel to the cities of Rome, Venice, Varese, Lucerne, Paris and London with rates starting at \$3,500 per person, including airfare. Additional discounts are available. Make your dream a reality with ITT's payment plan. A \$200 non-refundable, land-only deposit per person and a \$10 service fee is due per booking. If airfare is purchased through Trafalgar Tours, a \$300 non-refundable air deposit is required at time of booking. For more information, call 671-7111.

Discount tickets offered to customers

The JBSA-Fort Sam Houston Ticket Office sells discount tickets and often has free tickets to local events. For more information, call 808-1378.

Great stocking stuffers available

The JBSA-Randolph Information, Tickets and Travel offers

great gift ideas for the holidays. Customers can choose from IMAX and Regal Theaters, Natural Bridge Caverns, Natural Wildlife Ranch, theme parks, entertainment books, Disney World, Disneyland Tickets or even tickets to a Broadway play! For more information, call 652-5142, option 1.

Santa gear available for rent

The JBSA-Randolph Information, Tickets and Travel has complete Santa suits available for \$25 a day or \$37.50 for the weekend. Reserve your Santa suit now for that special holiday party whether it is a unit function or neighborhood gathering. Reservations must be made in person at ITT in the Community Services Mall. For more information, call 652-5142, option 1.

Library

Children's story time entertains and teaches

The JBSA-Randolph Library offers story time at 10 a.m. every Wednesday. It is a great opportunity for children to listen to wonderful stories and participate in a simple craft. Story time also allows children to interact with other young children and to start building their social skills. Story time themes are as follows: Dec. 4, Winterfest - "Let it Snow"; Dec. 11 and 18, Happy Holidays; and Dec. 25 and Jan. 1, no story time. For more information, call 652-5578/2617.

Stories, crafts and songs are part of the story time at the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library, every Thursday at 10 a.m. This month's story time dates are Dec. 5, 12 and 19. For more information, call 221-4702.

Patrons compete in gingerbread house contest

The JBSA-Randolph Library hosts a gingerbread house contest for all DOD ID cardholders. Entries must be submitted by Dec. 6. Gingerbread houses will be on display at the library so that patrons and staff will be able to vote for their favorite gingerbread house between Dec. 9-21. The winner will be selected Dec. 23 and will be awarded a special prize. For more information, call 652-2617.

Unique holiday story time for kids

Parents and children can enjoy holiday stories and activities as they relax in their pajamas. This special holiday story time takes place Dec. 7 at the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library from 2-3 p.m. For more information, call 221-4702.

Library hosts craft and recipe sharing night

Patrons are invited to the JBSA-Randolph Library Dec. 12, 4:30-6:30 p.m., to make crafts and share their favorite recipes with other families. For more information, call 652-2617.

Library celebrates Candyland Christmas

The JBSA-Lackland Library hosts Candyland Christmas Dec. 14, 2-4 p.m. Children and adults enjoy a special holiday story, treats, cookie decorating and crafts at the free event. For more information, call 671-3610.

Military and Family Readiness

Family Readiness Group offers hunt for the good stuff

Families learn to counter negative bias, create positive emotions and analyze what is good and right Dec. 3, 9:30-11 a.m., at the JBSA-Fort Sam Houston, Military and Family Readiness Center. For more information, call 221-9079.

Patrons learn coping skills for the holidays

The JBSA-Randolph Military and Family Readiness Center offers a coping with holiday grief class Dec. 5, 3-4 p.m. Participants discuss what bothers most people during the holidays, ways to cope with grief, helping children cope with holiday grief and developing a holiday plan. For more information, call 652-5321.

Family members of deployed members celebrate

The first JBSA Holiday Celebration Hearts Apart event takes place Dec. 6, 6-9 p.m., at the JBSA-Fort Sam Houston Military and Family Readiness Center. Attendees can enjoy music, dinner, good conversation and lots of fun for the kids. For more information, call 221-0946/9079.

Expecting parents learn about caring for a baby

The JBSA-Randolph Military and Family Readiness Center hosts "Bundles for Babies" Dec. 6, 8:30-11:30 a.m., and the JBSA-Lackland Military and Family Readiness Center hosts the class Dec. 12, 1-4:30 p.m. This program is an Air Force Aid Society program for active-duty members (of any rank), DOD employees, NAF employees and their spouses who are expecting a baby. Presentations are given on budgeting for baby, dental and pediatric care and new parent support. Active-

duty Air Force attendees receive a gift at the conclusion of the workshop. For more information, call 652-5321 at JBSA-Randolph or 671-3722 for JBSA-Lackland.

Holiday Tree Lighting Ceremony

**Wednesday, Dec. 4
6 to 8 p.m.**

Main Flagpole on Stanley Rd.

- Holiday Music
- Warm Winter Goodies
- Special Holiday Story
- Visit with Santa Claus
Bring your camera
- Real SNOW!!!
- Hay Rides

For more information call
221-1718

SECURITY SERVICE
USAA
AirForce

Learn about the Veterans Affairs claims process

The JBSA-Lackland Military and Family Readiness Center offers a Veteran's Affairs Claims Process class Dec. 11, 10 a.m. to noon. Topics include how the claim process works, electronic benefits, how to fill out claim forms and the power of attorney process. For more information, call 671-3722.

Learn to write effective resumes

The JBSA-Lackland Military and Family Readiness Center hosts two resume writing courses in December. Resume Writing Techniques is Dec. 13, 11:30 a.m. to 3:30 p.m., and covers commonly used formats, guidelines on how to prepare and what to include in a resume, how to write cover letters and reference lists. Create an Effective Resume takes place Dec. 18, 11:30 a.m. to 1:30 p.m., and includes writing career objectives and descriptive accomplishment statements as well as preparing a draft resume. For more information, call 671-3722.

Learn how to decipher credit scores

The JBSA-Randolph Military and Family Readiness Center offers patrons a chance to learn about credit scores Dec. 19, 9-10:30 a.m. Attendees learn how to interpret their credit report and correct common errors. For more information, please call 652-5321.

**December 7, 2013
10 a.m.-1 p.m.
Gateway Club, Fiesta Ballroom**

Adult Members \$6.95
Adult Non-Members \$7.95
Child Members (ages 5-12) \$4.95
Child Non-Members (ages 5-12) \$5.95
Children (ages 4 & under) FREE

Reservations requested.
Payment must be made at time of reservation. Tickets will also be sold at the door. Sorry, no coupons please. For more information, call 645-7034.

Breakfast with Santa!

Breakfast Buffet • Games • Prizes • Crafts • Small Gift from Santa
Featuring DJ Stevie Mac Dance Machine

Buffet Breakfast includes: Fluffy Scrambled Eggs, Home Fried Potatoes, Crispy Bacon, Orange Juice, Mini Pancakes with Maple Syrup, Blueberries with Butter and Jelly, Christmas Cookies, Christmas Cake, Orange Juice, Coffee, Hot Chocolates, Milk.

www.lacklandfss.com

Patrons learn interviewing skills

The JBSA-Randolph Military and Family Readiness Center offers patrons an interviewing skills workshop Dec. 19, 10 a.m. to noon. The class focuses on how to research prospective employers, how to answer questions and how to dress. For more information, call 652-5321.

Child safety seats inspected

The JBSA-Fort Sam Houston Fire Department inspects children's safety seats Dec. 19, 1-3 p.m., for recalls, functionality and proper installation. Registration is required. Children must be present for proper weight and height measurements. For more information, call 221-0349/2418.

Family movie unpacks self esteem

The JBSA-Fort Sam Houston Military and Family Readiness Center is showing the movie "Turbo" Dec. 30, 1-3 p.m. After the movie there will be a open group discussion about self-esteem. Popcorn and drinks will be provided. For more information, call 221-0946.

Patrons prepare for future employment

JBSA-Fort Sam Houston Employment Readiness offers classes at the Military and Family Readiness Center designed to help patrons acquire employment. The general resume writing class and federal resume writing class both focus on proper styles. Multiple classes are available throughout the month of December. For more information, call 221-0516.

Outdoor Recreation**Rent boats at a discount**

JBSA-Lackland Outdoor Recreation offers boat rental discounts during the winter season. Patrons receive a 25 percent discount through Dec. 31 on ski and pontoon boat rentals. For more information, call 925-5532.

Santa suits available for rent

JBSA-Lackland Outdoor Recreation has Santa, Mrs. Claus, elf and Grinch costumes available for rent. For more information, call 925-5532.

Archery hunting season open

Big game archery (white-tail deer) and turkey hunting is open at JBSA-Camp Bullis until Jan. 5. All DOD ID cardholders are welcome to participate. For more information, call 295-7577.

Wide variety of equipment for rent

The JBSA-Fort Sam Houston Outdoor Recreation Center has equipment rentals for everyone's needs. Camping, trailer and towing, water fun, sports and biking, barbecue and party, and equipment for around the house and garden; ORC has it all. For more information, call 221-5224/5225.

Archery Range open for shooting

The Camp Bullis Archery Range is open Thursday-Monday, 8 a.m. to 4 p.m. They have targets which range from 10-60 yards and the cost is \$3 for a daily pass or \$20 for an annual pass. For more information, call 295-7577.

Ski boats rent for half price

Rent a ski boat for \$20 per hour, \$47.50 for half a day or \$90 all day at the JBSA Recreation Park at Canyon Lake during December. The price includes skis and vests but not fuel. This is the time to take advantage of a less crowded lake and also save money. For more information, call 830-994-3576.

Youth Programs**Parents get a night off**

JBSA-Lackland Youth Programs and the Lackland Child Development Program hold Give Parents a Break/Parents' Night Out Dec. 7, 1-5 p.m. The fee is \$15 per child. Fees may be waived with a Give Parents a Break referral. Advance registration is required. For more information, call 671-2388 for Youth Programs or 671-1072 for the CDP.

Winter crafts available

The JBSA-Randolph Youth Programs host a winter craftapalooza Dec. 7, 11 a.m. to 2 p.m. Youth, ages 5 and older, can have fun creating gifts for the holidays. The cost is \$5 per child. Sign up deadline is Dec. 4. For more information, call 652-3298.

Youth have fun at winter ball

Join JBSA-Randolph Youth Programs Dec. 13, 6-9 p.m., for a winter ball. This event is for youth, ages 9-12 years old, and the cost is \$3. Light snacks will be provided. For more information, call 652-3298.

Register for First Steps basketball

JBSA-Lackland Youth Programs holds First Steps Basketball registration Dec. 10-14 for ages 3-5. The fee is \$35 per child. Sessions meet one hour per week for six weeks. A current physical and immunization record are required at time of registration. For more information, call 671-2388.

Babysitters receive training

JBSA-Lackland Youth Programs hosts a Red Cross babysitter's course Dec. 23, 8 a.m. to 5 p.m., open to ages 11-15. Topics include first aid, CPR, how to make responsible decisions, basic care such as diapering, feeding and dressing, handling bedtime issues, and how to find and interview for babysitting jobs. Upon successful completion, students receive a babysitter's certification. The course fee is \$55. Registration runs Dec. 2-18. For more information, call 671-2388.

Parents register youth for holiday camps

JBSA-Randolph Youth Programs offers a holiday camp Dec. 23-Jan. 3 for youth K-6th grade (ages 5-12 years). Registration is required and takes place through Dec. 6. Placement is based on eligibility priority and fees are based on total family income. All required paperwork must be on file (pay stubs and shot records are required). For more information, call 652-3298.

JBSA-Lackland Youth Programs holds two holiday break camps during the upcoming school vacation. Registration must be completed by Dec. 9 for the Dec. 23-27 session and by Dec. 16 for the Dec. 30-Jan. 3 session. Camp fees vary based on household income. For more information, call 671-2388.

National fine art exhibit challenges youth to be creative

JBSA-Randolph Youth Programs hosts the annual Boys and Girls Club Fine Arts Exhibit Jan. 9-10. All artists between the ages of 6-18 are able to participate. Artwork must have been completed within the last year and cannot be from a kit, tracing, follow-the-dot, ready-made patterns or cartoon characters. Artwork must not exceed 30 by 40 inches. The deadline for artwork submission is Dec. 20. For more information, call Youth Programs at 652-3298.

Teens discuss relevant topics

This open forum allows teens to discuss relevant topics with staff and takes place Dec. 3, 4:15-5 p.m., at JBSA-Fort Sam Houston Youth Programs. For more information, call 221-5002/4058.

Youth have fun at skate night

Middle school and high school age youth can enjoy music, fun, and roller skating at skate night Dec. 13, 6-8 p.m., at the JBSA-Fort Sam Houston Middle Teen Center. For more information, call 221-5002/4058.

Youth have fun at lock in

The JBSA-Fort Sam Houston Youth Programs hosts a lock-in Dec. 20, 9 p.m. to 7 a.m., for teens and pre-teens in grades 9-12. The cost is \$7 per person. For more information, call 221-5002/4058.

Youth enjoy midnight basketball

"Midnight Basketball" for youth takes place Dec. 21 at JBSA-Fort Sam Houston Youth Programs. This is a free event open to all DOD ID cardholders. For more information, call 221-3502.

Child, Youth and School Services offers multiple activities

Parents can enroll children in fun, exciting and safe activities by visiting www.FortSamMWR.com/youth.html for JBSA-Fort Sam Houston Youth Programs. This site has contact phone numbers, and a link to WebTrac, which provides lists of all activities and offers parents the option to pay online.



Wilford Hall hosts foot health presentation for Diabetes Awareness Month



COURTESY PHOTO

By Jose T. Garza III
JBSA-Lackland Public Affairs

Wilford Hall Ambulatory Surgical Clinic presented "Learning to Love Your Feet: Diabetes and Foot Health" Nov. 20 as part of National Diabetes Awareness Month.

The session, hosted by Col. Scott Riise, medical director for family health for the 59th Medical Wing, brought awareness on the importance of taking care of one's feet whether they are diabetic or not.

The foot health presentation was the last lecture of a three-part series held at the hospital's Family Health Clinic throughout the month of November.

The disease has impacted nearly 26 million adults and children in the United States, according to the American Diabetes Association.

It can lead to amputation of the foot and other parts of the body.

During the hour and a half session, Riise discussed the different effects diabetes has on feet, ways for diabetics to sustain a healthy lifestyle, and when to seek help for foot problems.

"Your feet keep you active," he said. "It's kind of a use it or lose it type of situation. If you want to maintain a healthy lifestyle, independence, and manage your diabetes, it is important to have healthy feet."

Three ways diabetes can affect your feet is through foot deformities, artery, and nerve damage.

Artery damage can lead to problems like feet feeling cold, poor circulation, and reduced ability to heal from infections. There are three different types of nerve damage that impact the

feet, which include sensory, motor and autonomic nerves. Sensory nerve damage can lead to reduced balance and possibly sensation in the feet. You may also not be able to feel foot injuries, said Riise.

Damage to the motor nerves can result in cushioning moves from contact points, deformities and muscle weakness which include 50 percent reduction in muscle size. Injuries to the autonomic nerves can cause reduced sweating and dry/cracked skin, added the medical director.

The clinic provided tips to keep your feet healthy to maintain a healthy lifestyle:

- Stay active
- Take care of your diabetes
- Wash your feet everyday
- Keep your toe nails trimmed
- Protect your feet from hot and cold areas
- Improve circulation by wiggling your toes and ankles
- Do not smoke
- Inspect them everyday
- Inspect your shoes before you put your feet in
- Use appropriate shoes and socks
- Consider using cushioned insoles
- Use a moisturizer on the tops and bottoms of your feet (not between toes) if needed
- Do not walk barefoot

People are advised to have their feet examined by a podiatrist team annually. However if problems such as ingrown toe nails, warm, red skin or open sores develop, or if your feet suddenly change slope seek professional help immediately.

Diabetes statistics

By Senior Airman
Catherine S. Scholar
59th Medical Wing

A total of 25.8 million children and adults in the United States (8.3% of the population) have diabetes.

- 18.8 million people have been diagnosed
- Seven million people are undiagnosed
- 79 million people diagnosed with pre-diabetes
- 215,000 or 0.26 percent of people under the age of 20 have diabetes
- About 1 in every 400 children and adolescents has diabetes
- 25.6 million or 11.3 percent of people who are 20 years or older have diabetes

- 10.9 million or 26.9 percent of people who are 65 years or older have diabetes
- 13 million, or 11.8 percent of all men aged 20 years or older have diabetes
- 12.6 million, or 10.8 percent of all women aged 20 years or older have diabetes
- In 2004, heart disease was noted on 68 percent of diabetes-related death certificates among people aged 65 years or older.
- In 2006, about 65,700 non-traumatic lower-limb amputations were performed in people with diabetes.

Data from the 2011 National Diabetes Fact Sheet (released Jan. 26, 2011)



A healthy plate poster from
Veterans Affairs/Department of Defense

Prevent, manage diabetes with healthy eating

By: Senior Airman Catherine S. Scholar
59th Medical Wing

There are some things in life you can't control, but when it comes to your health, you can control what you put into your body. It is possible to prevent or postpone the start of type 2 diabetes through a healthy

lifestyle. By modifying your diet, increasing your level of physical activity, and maintaining a healthy weight you can stay healthier longer and lessen your risk of diabetes.

Do not attempt to cut out carbohydrates from your diet to prevent or control diabetes. Instead, try consuming smaller meal portions

and eating three meals a day with two snacks in between. This will decrease your current daily carbs intake. Carbs are our main source of energy and provide the ideal fuel, called glucose, for your body to function optimally. They are also the only form of energy used by the brain.

If you are looking for further nutrition information, nutrition program and classes are offered at the Wilford Hall Ambulatory and Surgical Center, Outpatient Nutrition Clinic or if you would like to speak with a registered dietician/technician for further questions, call 210-292-7578.

MILESTONE from Page 10

instructors and five superintendents, supports nearly 1,500 students a year who travel to JBASA-Lackland from around the world to attend the school.

And yet, the more things change, the more they stay the same.

For 40 years, the academy's mission has been to prepare selected NCOs for positions of greater responsibility by broadening their leadership and managerial capabilities and by expanding their perspective of the military profession.

Renfro said now, as in the beginning, it's still "leading by example. Look at the staff today and how professional they are. They're immaculate in their uniforms."

"That's what we were preaching to our students: go back and lead by example," said Workman.

A final exchange between the former commanders then linked 40 years together.

"Look at the staff," said Bandy. "They all have that gleam in their eye. They want to take care of the troops. We're all Airmen and these guys perpetuate that and carry it on."

"Up there at Weaver Hall, it was absolutely horrible," Renfro said about the first year. "To walk these halls and see what it is today, it touches your heart."

"It's changed a lot," Workman said.

"For the better," added Renfro.

"But (the mission) still stays the same," concluded Workman.

NEW STUDENT ACTIVITY CENTER OPENS AT JBASA-FORT SAM HOUSTON



Photo by Lori Newman

Ben Paniagua, recreation director for the new Student Activity Center on the Medical Education and Training Campus at Joint Base San Antonio-Fort Sam Houston cut the ribbon for the new Student Activity Center Nov. 25 with the help of Brig. Gen. Robert LaBrutta, JBASA and 502nd Air Base Wing commander and other senior leaders including Maj. Gen. Stephen Jones, U.S. Army Medical Department Center and School commander, and Rear Adm. William Roberts, METC commandant. The \$21.2 million, 62,000-square-foot facility features three levels, a snack bar, club, student business center, coffee bar, gaming lounge, music rooms and movie theater to serve the more than 6,000 students at JBASA-Fort Sam Houston.

$$4 \times 4.75$$

$$2 \times 3.5$$



One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.

- Use a screwdriver as a soil probe to test soil moisture. If it goes in easily, don't water. Proper lawn watering can save thousands of gallons of water annually.

JBSA DUTY CHAPLAIN
365-6420

$$6 \times 4.75$$

LOCAL BRIEFS

Compiled by Mike Joseph, JBSA-Lackland Public Affairs

FRIDAY

BAND QUARTET PERFORMANCE

A trombone quartet from the U.S. Air Force Band of the West will perform at the city's annual tree lighting ceremony from 3-6 p.m. at Alamo Plaza in downtown San Antonio.

DEC. 6

AARP DRIVER SAFETY PROGRAM

An AARP safe driver program is from 12:30-5 p.m. at Air Force Village 2. The course covers driving strategies, new laws and challenges with local driving.

Participants will receive a certificate, good for three years, by completing the class. Some insurance companies may offer driver discounts for class completion.

The cost is \$12 for AARP members and \$14 for non-members.

Contact Allen Wesson at 557-2173 or via email awesson@earthlink.net for additional information.

DEC. 17

ACCREDITATION SITE VISIT

The San Antonio Military Oral

and Maxillofacial Surgery Residency Program at Wilford Hall Ambulatory Surgical Center is scheduled for an accreditation site visit Feb. 12, 2014.

Any parties who feel they may have pertinent information regarding the program are encouraged to submit comments by mail to the Commission on Dental Accreditation, 211 East Chicago Ave., Chicago, ILL. 60611 or by calling 800-621-8099, Ext. 4653.

The deadline for receipt of third-party comments by the commission office is Dec. 17.

CUSTOMER SUPPLY TRAINING

The 802nd Logistics Readiness Squadron's Equipment Accountability Element conducts three classes the third Tuesday each month in the second floor conference room of building 5160.

The classes and start times are: Block I General Supply Training, 8 a.m.; Block II Bench Stock Training, 8:45 a.m.; and Block III Equipment Custodian Supplemental/Refresher Training, 9:30 a.m.

For information or registration, contact Ray Holland or Eugene Owens at 925-1140 or 671-3801.

DEC. 20

WALK-IN PET VACCINATION CLINIC

The JBSA-Lackland Veterinary Treatment Facility will hold a walk-in vaccination clinic from 9 a.m. to 4 p.m. Clients must check in by 4 p.m. to guaranteed to be seen.

Prior registration is required. Call or stop in the clinic by Dec. 19 to make a reservation.

The clinic is located at 2330 Hughes Avenue. For more information, call 671-3631.

INFORMATIONAL

CAC/ID CARDS APPOINTMENTS

Department of Defense Common Access Card/ID cardholders in need of new or updated cards are encouraged to make appointments online.

Appointments are scheduled in 20-minute intervals between 8 a.m. and 3 p.m. Monday through Friday.

Visit <https://rapids-appointments.dmdc.osd.mil> or call 671-4178.

ONLINE TUTORING AVAILABLE

All kindergarten through grade 12 students in eligible military families can access <http://www.tutor.com/> military, an official Department of Defense tutoring program.

The site provides expert tutoring

to military families in all core school subjects at no cost.

Students work one-on-one with a live tutor online for help from homework to essay writing. A student and tutor work together in a secure and anonymous online classroom that features an interactive whiteboard, file sharing and instant messaging.

BE A SANTA TO A SENIOR PROGRAM

The Home Instead Senior Care office has teamed up with area retailers and volunteers to sponsor the Be a Santa to a Senior program during the holiday shopping season.

Through Dec. 11, participating retailers will display Christmas trees that feature ornaments with seniors' first names and their gift requests. Shoppers can pick an ornament from the trees, buy the items listed and return them unwrapped to the store with the ornament attached.

For more details, visit <http://www.BeaSantatoaSenior.com> or call 614-1132.

AAFES' HOMEWARD BOUND CONTEST

The Army & Air Force Exchange Service's Homeward Bound contest could be worth \$10,000 for a picture and a 50-word description.

Continuing through Dec. 31, authorized shoppers can enter the Homeward Bound contest by submitting a picture or video of a military welcome home experience, along with a 50-word or less description, for a chance to win the \$10,000 Exchange gift card grand prize. The second-place winner will receive a \$5,000 gift card and third place is a \$2,000 gift card.

The contest is open to all authorized Exchange shoppers 18 years or older. Rules and entry instructions are available at <http://www.shopmy-exchange.com/homewardbound>.

REDBOX IN EXCHANGE LOCATIONS

Redbox is now available in JBSA-Lackland Exchange locations.

Redbox kiosks are located at the main exchange, building 1385; 24-Hour Express, building 2306; North Troop Mall, building 10345; and Medina Express, building 145.

For additional information, call 671-2065.

TALESPINNER SUBMISSION DEADLINE

To submit items for community briefs, email tale.spinner@us.af.mil by noon Friday the week prior to publication.

CHAPEL SERVICES

—PROTESTANT

• Freedom Chapel – building 1528
Contemporary Service Sun. 9:30 a.m.
Religious Education Sun. 11 a.m.
Gospel Service Sun. 12:30 p.m.
Spanish Service Sun. 3 p.m.
AWANA Wed. 6 p.m.
• Gateway Chapel – building 6300
Liturgical Service Sun. 11 a.m.

—DENOMINATIONAL

• BMT Reception Center – building 7246
Church of Christ Sun. 7:30 a.m.
• Gateway Chapel – building 6300
Seventh-day Adventist Sat. 12:30 p.m.
• Education Classroom – building 5200
Room 108
Christian Science Sun. 7:30 a.m.

—PENTECOSTAL RE

• Gateway Chapel – building 6300
Pentecostal RE Sun. 2:30 p.m.

—ORTHODOX CHRISTIAN

• Gateway Chapel – building 6300
Religious Education Fri. 4 p.m.

—WICCA

• BMT Reception Center – building 7246
Military Open Circle Sun. 12:30 p.m.
• Freedom Chapel – building 1528
Military Open Circle First Tues. 6 p.m.

—REFUGE STUDENT CENTER

• building 9122 (Tech Training & TDY Students)
Wednesday Bible Study 6:30 p.m.
Thursday 6-8 p.m.
Friday 6-11 p.m.
Saturday Noon to 9 p.m.
Sunday 11 a.m. to 5 p.m.

—THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

• Gateway Chapel – building 6300
Religious Education Tues. 6:30 p.m.
LDS Institute Thurs. 6:30 p.m.
LDS Service Sun. 1 p.m.

—JEWISH

• Gateway Chapel – building 6300
Sabbath & Kiddush Friday 4:30 p.m.
Religious Education Sun. 1:30 p.m.

—ROMAN CATHOLIC

• Freedom Chapel – building 1528
Religious Education Sun. 9 a.m.
Reconciliation Sun. 10 a.m.
Mass Sun. 11 a.m.
Sun. 5 p.m.
Reconciliation Sun. 4:15 p.m.
Daily Mass Mon, Tue & Thurs 11:30 a.m.
Note: Reconciliation(s) may be scheduled by appointment

—ISLAMIC

• Global Ministry Center – building 7452
Jummah Prayer Fri. 12:45 – 1:15 p.m.
Religious Education Sun. 9 a.m.

OTHER FAITH GROUPS

• BMT Reception Center – building 7246
—Buddhist Sun. 10 a.m.
• Gateway Chapel – building 6300
—Eckankar
First, third & fifth Saturdays 12:30 p.m.
—Baha'i
First, third and fifth Saturdays 11 a.m.

For more details, contact
Freedom Chapel - 671-4208
Gateway Chapel - 671-2911

JBSA-LACKLAND

KEY FAMILY SUPPORT RESOURCES

| | |
|-----------------------------------|--------------|
| Air Force Aid Society | 671-3722 |
| Airman & Family Readiness Center | 671-3722 |
| Airman's Attic | 671-1780 |
| American Red Cross | 844-4225 |
| Base Post Office | 671-1058 |
| Bowling Center | 671-2271 |
| DEERS | 800-538-9552 |
| Exceptional Family Member Program | 671-3722 |
| Family Child Care | 671-3376 |
| Legal Office | 671-3362 |
| Library | 671-3610 |
| Medical Appointment Line | 916-9900 |
| MPF ID Cards | 671-6006 |
| Outdoor Recreation | 925-5532 |
| TRICARE Info | 800-444-5445 |
| Thrift Shop | 671-3608 |

| | |
|-------------------------|---|
| Enlisted Spouses' Club | http://www.lacklandesc.org |
| Force Support Squadron | http://www.lacklandfss.com |
| Lackland ISD | http://www.lacklandisd.net |
| Officers' Spouses' Club | http://www.lacklandosc.org |
| JBSA Public website | http://www.jbsa.af.mil |
| My Air Force Life | http://www.MyAirForcelife.com |

WHAT'S
HAPPENING

FRIDAY

► The Military and Family Readiness Center is closed for Air Education and Training Command Family Day.

MONDAY

► Five-day Transition Assistance Program, mandatory pre-separation briefing and Form 2648 are required prerequisites, 7:45 a.m. to 4 p.m.

► Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11:30 a.m.

► Post-deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, 2:30 p.m., building 5160.

► AMVETS national service officer available by appointment only. For information, call 773-354-6131.

TUESDAY

► Pre-deployment briefing, required

for all Airmen preparing to deploy, 802nd Logistics Readiness Squadron IDRC briefing room, 9 a.m., building 5160. Transition Assistance Program, 7:45 a.m. to 4 p.m.

► AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

WEDNESDAY

► Transition Assistance Program, 7:45 a.m. to 4 p.m.

► AWANA Clubs, 6-8 p.m., Freedom Chapel.

► AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

THURSDAY

► Transition Assistance Program, 7:45 a.m. to 4 p.m.

► Air Force Basic Military Training spouse and parents seminar, BMT Reception Center, building 7246, 1 p.m.

Family Support Events

ALL CLASSES, SEMINARS, MEETINGS AND EVENTS ARE HELD AT THE MILITARY AND FAMILY READINESS CENTER, BUILDING 1249, UNLESS NOTED BELOW. CALL MFRC AT 671-3722 FOR ADDITIONAL INFORMATION.

For information, call 773-354-6131.

DEC. 6

► Transition Assistance Program, 7:45 a.m. to 4 p.m.

► Parenting for One, 11:30 a.m. to 1:30 p.m.

► AMVETS national service officer available by appointment only. For additional information, call 773-354-6131.

DEC. 9

► Family readiness briefing, mandatory for personnel deploying longer than 30 days or going on remote assignments, 10:30-11:30 a.m.

► Federal resume process taught by the Office of Personnel Management, 11:30 a.m. to 1:30 p.m.

► Post-deployment briefing, required for all Airmen returning from deployment, 802nd Logistics Readiness Squadron IDRC briefing room, 2:30 p.m., building 5160.

► AMVETS national service officer

available by appointment only. For additional information, call 773-354-6131.

DEC. 10

► Pre-separation briefing, mandatory for all members retiring, pre-registration required, 9 a.m. to noon.

► Pre-deployment briefing, required for all Airmen preparing to deploy, 802nd Logistics Readiness Squadron IDRC briefing room, 9 a.m., building 5160.

► AMVETS national service officer available by appointment only. For information, call 773-354-6131.

DEC. 11

► Heart Link, 8:30 a.m. to 3:30 p.m.

► Understanding the Veterans Administration process, 10 a.m. to noon.

► AWANA Clubs, 6-8 p.m., Freedom Chapel.

► AMVETS national service officer available by appointment only. For information, call 773-354-6131.

Monthly Meetings

ENLISTED SPOUSES' CLUB

The Lackland Enlisted Spouses' Club meets every third Tuesday of the month at the Balfour Beatty Community Center, 6:30-8:30 p.m. For more information, visit <http://www.lacklandesc.org>.

OFFICERS' SPOUSES' CLUB

The Lackland Officers' Spouses' Club meets monthly. For dates and times, or more information, visit <http://www.lacklandosc.org>.

MILITARY COUNCIL OF CATHOLIC WOMEN

The Military Council of Catholic Women meets the first Friday of the month, 9:30 a.m., at Freedom Chapel. For additional information, call 671-4208.

On the web

<http://www.lacklandfss.com>

Compiled by Mike Joseph,
JBSA-Lackland Public Affairs

3 x 4.75

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802nd Security Forces Squadron performs pepper spray training



Photos by Airman 1st Class Krystal Ardrey

Airman Jonathan Eberle, 802nd Security Forces Squadron entry controller, is sprayed with oleoresin capsicum pepper spray on Joint Base San Antonio–Lackland Nov. 13. Allen trained in using electrical weapons and oleoresin capsicum pepper spray to remain qualified to carry while on duty.



Airman 1st Class Mikel Mayo, 802nd Security Squadron entry controller, practices forcing an Airman backwards after being sprayed with pepper spray on Joint Base San Antonio–Lackland Nov. 13. Security Forces members are required to complete a series of tasks after being exposed to oleoresin capsicum pepper spray to receive their qualification.



Airman 1st Class Jesse Strickland, 802nd Security Forces Squadron entry controller, recovers from being pepper sprayed on Joint Base San Antonio–Lackland Nov. 13. Strickland was training in using electrical weapons and oleoresin capsicum pepper spray to remain annually qualified to carry while on duty.



Tech. Sgt. James Dixon, 802nd Security Forces Squadron training NCO in charge, sprays Airman 1st Class Marcus Allen, 802nd SFS entry controller, with pepper spray on Joint Base San Antonio–Lackland Nov. 13.

Fitness trainer workout plan for the holidays

Story and photos by Jose T. Garza III
JBSA-Lackland Public Affairs

On Thanksgiving and Christmas, people usually consume a bevy of delicious foods.

If you're looking to shed those apple pies, candies yams and tamale calories, Spencer Berry, a 17-year bodybuilder who is a personal trainer on Joint Base San Antonio-Lackland, provided

fitness tips on how to shed those pounds.

Before you attempt to perform one of the exercises, Berry advises you to stretch. He also recommends doing cardio ex-

ercises 10 minutes before the workout and up to 20 minutes after.

"Stretching and doing cardio helps loosen up the muscles and prevent lactic acid from building

up," he said. "It also helps with muscle recovery and can prevent muscle cramps and pulls."

Berry provided six exercises that can help you get the results you desire.

Spencer Berry, a fitness trainer, demonstrates how to perform various exercises at the Chaparral Fitness Center JBSA-Lackland.



Overhead press machine: Sit up straight with your head back. As you press up, make sure your elbows are pointed downward and slightly forward. When you press down, keep the weight tension down. Perform two sets for 15 reps.



Chest press machine: Sit up right with your back straight and head back on the seat. Make sure your arms are parallel to the floor and elbows are back. Press out the arms and lower them down. Do two sets for 15 reps.



Cable curls: Stand up right with your back straight with your chest sticking out. Make sure that your elbows stick to the side of the body throughout the movement. To start the curl, bring the bar up through the forearm level, keeping the upper arm stationary at the side of your body. Bring the bar up as far as you can without bringing your elbows out from the side of your body. Keep your arms to the side of your body. Once you get to your sticking point, bring the weight back down at a slow motion and straighten the arms back up. Do two sets for 15 reps.



Triceps extensions: Start downward with your arms straight. The bar should be down. You bring the weight up through the negative motion and bring them back down through the positive motion, making sure you lock out the arms at the bottom of the movement while keeping your elbows locked to your sides. Ensure that when you bring the weight up, do it with a slow motion and gradually bring the arms down to the lock position. Do two sets for 15 reps.

